

Our specialized equipment **WILL MAKE YOU FALL IN LOVE WITH EXERCISE** like never before!



**GET IN TOUCH WITH US!**

📍 912 WOODLAND AVE RICEVILLE IA

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🌐 [www.riceville.k12.ia.us](http://www.riceville.k12.ia.us)



**RICEVILLE  
ACTIVITY  
CENTER**

**TRAINING  
& FITNESS  
GYM**





# Annual Membership Options

Individual  
\$130

Couple  
\$160

Family  
\$210

“EVERY ACCOMPLISHMENT STARTS WITH THE DECISION TO TRY”

## CARDIO AND STRENGTH

over 2,000 sq ft workout room  
bluetooth stereo and speakers  
8 cardio equipment machines  
10 hoist-strength machines  
core workout area with variety of med balls & mats  
rack area with free weights including:

- 5-100 LBS DUMBBELLS
- 5-75 LBS KETTLEBELLS
- 3 RACKS WITH VARIOUS BUMPER AND IRON PLATES

## GYM

- 12,000 SQ FEET
- 2 LANE WALKING TRACK (14 LAPS -1 MILE)
- 2 FULL SIZE BASKETBALL COURTS
- 7 BASKETBALL HOOPS
- 2 BATTING CAGES
- 2 VOLLEYBALL COURTS
- PICKLEBALL / BADMINTON NETS

- KEYCARD ENTRY
- BATHROOM FACILITIES
- 33 LOCKERS



## Fitness Center Hours

Saturday, Sunday & Holidays  
5:00am - 11:00pm

School Days with Students  
5:00am - 9:00am  
5:00pm - 11:00pm



RAC membership applications can be picked up in the business office or printed off the riceville school website page:  
[www.riceville.k12.ia.us](http://www.riceville.k12.ia.us)  
under Family & Student info  
> RAC Membership  
Please fill out & return to business office